

Sample Menu & Sample Food Production Records

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These menus meet the requirements of the Child and Adult Care Program (CACFP) for participants age 1 and above. The menus can be used in the order as they appear, or they can be moved around, or replaced. Menus can be arranged as a set for a period of days, weeks, or for a month of business days, or for 31 days, or for a season such as Summer Menus. Items listed with an * indicates the recipe is from Child Care Recipes-Food for Health and Fun.

Resources:

USDA Child Care Recipes Food for Health and Fun, http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm
Nebraska Dept. of Education, What's Cooking II cookbook, www.nde.state.ne.us/NS/cacfp/index.htm
Healthy Meals Resource System: healthymeals.nal.usda.gov/childcare.html

Considerations:

- Menu development is ongoing.
- Improve menus one step at a time by adding or modifying a food, recipe, or entrée by day or month.
- Consider ethnic food; include foods and dishes from your community.
- Consider seasonal food.
- Celebrate and enjoy food.
- Enjoy menu planning.



Early Childhood Services Bureau
Child & Adult Care Food Program

Phone: (406) 444-4347
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Sample Menus

MT CACFP

Last update 4/10/08

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Oatmeal Plums Milk	Apricots Toast Yogurt Milk	Hot Cereal w/*Maple Applesauce Topping Apple Slices Milk	Raisin Bread Banana Milk	Pumpkin Bread Banana Milk
Lunch	Homemade Chicken Pot Pie Whipped Potatoes (white and sweet mixed) Bread & Butter Milk	Toasted Cheese & Tomato Sandwich *Lentil Soup Milk	Turkey Sandwich Cranberries Corn *Pumpkin Pudding Milk	Chicken and Broccoli Rice Bowl Citrus Salad Milk	BBQ Turkey Meatballs Black Beans Squash Roll Milk
Snack	*Bean Dip Crackers Water	Red Beans and Rice Tortilla Chips Water	Rice Cakes Blueberries Water	Deviled Eggs Carrots Water	Potato Salad Crackers Water
WEEK 2	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Whole Grain Cereal Strawberries Milk	French Toast Peaches Milk	Creamy Rice Pudding Pears Milk	Bagel Cream Cheese Strawberries Milk	Hard boiled eggs Toast & Jelly Grapes Milk
Lunch	Meatballs & Pasta w/ chunky tomato sauce Broccoli Milk	*Beef Barley Soup Baked Sweet Potato Fries Cheese Rolls Milk	Homemade Mini-cheese pizza Tomato slices Asparagus Milk	Pork Roast Mashed Potatoes Corn on the Cob Whole Grain Bread Milk	Tuna Rice Casserole w/ peas Baby Carrot Sticks Milk
Snack	Hummus & Pita Bread Cucumber Slices Water	Cinnamon Raisin Oatmeal Milk	Smoothie Mini-rice Cakes Water	Whole Grain Cereal Milk	Cheesy Cheddar Ham Loaf Water
Week 3	Day 11	Day 12	Day 13	Day 14	Day 15
Breakfast	Oatmeal Cantaloupe Milk	Whole Grain Cereal Tropical Fruit Milk	Oatmeal Apple Slices Milk	French Toast Peaches & Blackberries Milk	English Muffins Orange Slices Milk
Lunch	Homemade Chicken Pot Pie Broccoli Bread & Butter Milk	*Meatloaf Broccoli & Cauliflower Bread & Butter Milk	Toasted Salmon Patty Sandwich Green Beans Green Salad Milk	*Mexican Chicken with Rice Peas & Corn Milk	*Veggie Lasagna Sautéed Vegetables Bread Milk
Snack	Strawberry Muffin Grape Juice	Cottage Cheese Pineapple Water	Veggie Tray French Bread Water	Cheddar Cheese Cubes Apple Slices Water	Deviled Eggs Carrot Water

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Sample Food Production Records

These sample food production records are an example of planning for 50 3-5 year olds.

In these sample food production records, there are examples of two methods to plan for enough food.

1. Increasing the serving size (example highlighted in yellow).
2. Increasing the amount of food prepared. The information listed in the amount of food prepared equal or exceed column must be the required minimum serving size from the meal pattern.

In these sample food production records, there are several examples of combination dishes, being credited. Some of these examples are smoothies, tuna rice casserole & mini-pizza.

Throughout these sample food production records there are a variety of examples.

If you have a question regarding crediting combination dishes or examples in these sample records, contact the CACFP office.

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CACFP Food Production Record

Name of child care business, Place, Montana

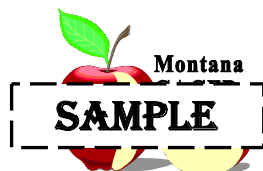
Name of person responsible

Week 2 Day 6

Cycle Menu

Planning for 50 3-5 year olds

4/5/2008 Meal Time (optional)	Menu	Foods Used	Unit	Serving Size	Number of servings Prepared	Amount of Food Prepared
Breakfast	Whole Grain Cereal	bulk flakes	1lbs.bag yields 20 servings	1cup	50	3bags
	Strawberries	fresh berries	1lbs berries yields 5 servings	1/2 cup (4 berries)	50	10 lbs.
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Lunch	Meatballs	ground beef	1lbs. yields 12oz. 1lbs yields 4 servings	3-1 ounce meatballs	50	12.5 lbs
	Pasta	spiral rotini (dry)	1lbs. yields 17 servings	1/2 cup	50	3lbs
	Tomato Sauce	tomato sauce	15 oz can yields 6.5 servings	1/4 cup tomato sauce, 1/4 cup diced tomatoes total	26 tomato sauce, 26 diced tomatoes totals 52 servings	4 cans 2 cans
	Broccoli	diced tomatoes	28 oz yields 13 servings	1/2 cup		
	Broccoli	frozen broccoli spears	1lbs yields 10 servings	1/4 cup (5 spears)	50	6 lbs
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Snack	Hummus	# 10 can	#10 can yields 42 servings	1/4 cup	50	(1.5 cans) 2cans
	*recipie on file					
	Pita Bread	pita bread	1 bag yields 10 servings	1/2 slice	50	5 bags
	Cucumbers	cucumber (extra)	1 cucumber yields 25 servings	2 slices	50	4 cucumbers



CACFP Food Production Record

Name of child care business, Place, Montana

Name of person responsible

Week 2 Day 7

Cycle Menu

4/6/08 Meal Time (optional)	Menu	Foods Used	Unit	Serving Size	Number of servings Prepared	Amount of Food Prepared
Breakfast	French Toast	bread	1 loaf yields 15 slices	1 slice	50	3.5 loaves
	Peaches	canned peaches	# 10 can (no juice) yields 18 servings	1/2 cup	50	4 cans
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Lunch	Beef Barley	ground beef	1lbs. yield 24 servings	1/2 oz	50	2.5lbs
	Vegetable Soup					
	*recipie on file	frozen peas & barley (extra)	1lbs yields 10 servings 1lbs or 2 cups dry yields 42 servings	1/4 cup 1/4 cup cooked	50 50	5lbs 1/2lbs
	Baked Sweet Potato Fries	sweet potatoes	1 potato yields 2 servings	1/2 cup	50	25 potatoes
	Cheese Rolls	bakery rolls	1bag yields 15 servings	1oz. roll	50	4 bags
		cheese	1 lbs yields 16 servings.	1oz	50	4bags
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Snack	Cinnamon Raisin Oatmeal	dry oatmeal	1lbs yields 22 servings	1/2 cup cooked	50	2.5 lbs
	*recipie on file					
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons



CACFP Food Production Record

Week 2 Day 8

Cycle Menu

Name of child care business, Place, Montana

Name of person responsible

4/7/2008 Meal Time (optional)	Menu	Foods Used	Unit	Serving Size	Number of servings Prepared	Amount of Food Prepared
Breakfast	Creamy Rice Pudding * recipe on file <i>Extra ingrediants:</i> Pears Milk	white rice	1lbs yields 30 servings	1/4 cup cooked	50	2lbs dry
		eggs	1 whole			15 eggs
		yogurt	32 oz container			1 container
		apple	1 apple yields 1cup			8 apples
		milk	1 gallon yields 16 servings			.5 gallon
		canned pears	#10 can yields 23 servings	1/2 cup	50	3 cans
		juice and fruit				
		milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Lunch	Homemade mini-cheese pizza	large or jumbo	1- tube (10 biscuits) yields	1/2 biscuits	50	3
		refrigerated	20 servings			
		chedder cheese	1lbs yields 10 servings	1.5 oz	50	6lbs
	Tomato wedge	tomato sauce	#300 can (15oz) yields	2T.-1/8cup	50	5cans
			12 servings			
	Asparagus	fresh tomatoes	1 large tomato/ 8 wedges	3/8 cup or 2 tomato wedge	50	15 tomatos
	Milk		yields 4 servings	(1/8 c+3/8c=1/2c)		
		frozen asparagus	1lbs bag yields 4 servings	1/2 cup	50	13lbs
		milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Snack	Smoothie	plain yogurt	32 oz container yields 8	4oz or 1/2 cup	50	(7.5containers) 8 containers rounding up
	*recipe on file	strawberries/ bannana	1 bannana yields 4 servings 1lbs berries yields 10 servings	1/4c bananna + 1/4c berries=1/2 cup total	50	8banannas (32 serv.) 3lbs strawberries (30 serv.) 32+30=62 serv.

	Rice Cakes	rice cakes (extra)	1bag yields 30 servings	2 rice cakes	50	2 bags
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CACFP Food Production Record

Week 2 Day 9

Cycle Menu

Name of child care business, Place, Montana

Name of person responsible

4/8/2008 Meal Time (optional)	Menu	Foods Used	Unit	Serving Size	Number of servings Prepared	Amount of Food Prepared
Breakfast	Bagel	bagel	1bag (10 bagels) yields 20 servings	1/2 bagel	50	3 bags
	Cream Cheese Strawberries	(extra) fresh strawberries	1lbs strawberries yields 5 servings	1/2 cup (4 berries)	50	10 lbs.
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Lunch	Pork Roast	pork sirloing roast	1lbs yields 6 servings	1 1/2 oz	50	8.5lbs
	Mashed Potatoes	russet potatoes	1 whole yields 2 servings	1/2 cup	50	30 potatoes
	Corn on the Cob	fresh white corn	1 each	1 each	50	50 cobs
	Whole Grain Bread	bread	1 loaf yields 30 servings	1/2 slice	50	2 loaves
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Snack	Whole Grain Cereal	bulk flakes	1lbs.bag yields 20 servings	1cup	50	2.5 bags
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons



CACFP Food Production Record

Week 2 Day 10
Cycle Menu

Name of child care business, Place, Montana
Name of person responsible

4/9/2008 Meal Time (optional)	Menu	Foods Used	Unit	Serving Size	Number of servings Prepared	Amount of Food Prepared
Breakfast	Hard Boiled Eggs	large eggs (extra)	1 dozen yields 12 servings	1 whole	50	5 dozen
	Toast & Jelly	toast	1 loaf yields 15 servings	1 slice	50	4 loaves
	Grapes	grapes	1lbs yields 5 servings	1/2 cup (14 grapes)	50	10lbs
	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
Lunch	Tuna Rice Casserole w/ peas	Tuna	66.1/2 oz can yields 51 servings	1oz	51	1 can
			12oz can yields 10servings	1oz	10	1 can
			1lbs yields 32 servings	1oz	16	1lbs.
	*recipie on file (recipie yields 50 servings)	cheese total protein rice	50-11/2 oz. = 75-1oz servings of protien needed (51+10+16=77)			
			1lbs white dry rice yields 27 servings	1/4cup cooked	50	2lbs
	green peas	frozen peas	1lbs yields 9.5 servings	1/4 cup	50	6 bags
	Baby carrot sticks	baby carrots	1lbs yields 6 servings	1/2 cup (six carrots)	50	9 bags
Snack	Milk	milk	1 gallon yields 16 servings	8 fl. oz	50	3.5 gallons
	Cheesy Cheddar Ham Loaf	frozen bread dough	2-1lbs dough rolls yields 16 serv. (1-1lbs yields 8 servings)	1slice or 1ounce cooked	50	4-2lbs bags/(a total of 8-1lbs dough rolls)
	* recipie on file	cheddar cheese (extra)	8 oz block of cheese			1 8oz block
		ham	1lbs yields 16 ounces	1 ounce	50	4 lbs